

FORGING THE FUTURE:



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Friday FACTS

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1 November 2002

"Leadership, Partnership, and Championship"

Physical Fitness Television/Radio Commercials Soon Available to Deployed Activities



The NEHC Population Health Directorate worked with the OSD American Forces Information Service (AFIS) and Filmhouse production company) in the development and publication of 6 television and 6 radio awareness spots for physical fitness. These 30 second awareness quick clips produced the week of October 21 - 25 are designed to improve the interest (encouraging military personnel to maintain an active lifestyle) and the knowledge of the primary components of physical fitness: aerobic fitness, muscular fitness, flexibility, and body composition. The advertisements will soon be broadcasted by AFIS to deployed military throughout the US Armed Forces. NEHC plans to distribute these commercials via CD ROM to attendees of the 2003 DoD



Health Promotion Conference held at the Town and Country Hotel, San Diego, CA from May 8 - 16. NEHC is currently working with OSD/AFIS in designing a safety/injury prevention awareness media campaign for deployed activities.

DoD Suicide Prevention Forum November 19, 2002 Henderson Hall (near the Navy Annex)

0800 to 0805	Opening Remarks	CAPT Stewart
0805 to 0850	<u>"The Big Picture"</u>	Dr. Kay Redfield Jamison, Johns Hopkins
0850 to 0900	Break	
0900 to 0940	<u>Investigating Suicide: An Overview of Empirical Research</u>	David A. Jobes, Ph.D., ABPP Catholic University of America
0940 to 1000	Break	
1000 - 1130	<u>Service Initiatives</u>	Air Force LtCol Rick Campise Army LTC Jerry Swanner Navy LCDR Kevin Kennedy
1130 to 1200	<u>Panel Discussion</u>	Dr. Litts (HHS), Dr. Pearson (NIMH), Dr. Ritchie (OSD/HA)
1200 to 1315	Lunch (on your own)	
1315 to 1600	Workshop	"Planning for the Campaign" DoD is planning a sustained year-long campaign in 2003. The afternoon is to plan events & media outreach. Participation is encouraged!
Continuing education credits for the morning lectures will be offered at no charge! Registration on site.		

AMERICAN COUNCIL ON EXERCISE (ACE) LISTS TOP TEN REASONS WHY OLDER ADULTS SHOULD EXERCISE

SAN DIEGO, Calif. - Sept. 23, 2002 - It's becoming increasingly clear to the medical community that it's just as important for older adults to stay active as it is for their younger counterparts. Exercise helps maintain mobility and stamina, reduces the incidence of disease, and leads to an overall better quality of life. ACE, America's Authority on Fitness, shares the top 10 reasons why older adults need to get plenty of safe and appropriate exercise. To obtain a copy of the "top 10" list visit the following webpage: http://www.acefitness.org/media/media_display.cfm?NewsID=145



For an 8 1/2 x 11 ready to copy article on osteoporosis prevention, see the following webpage: http://www.acefitness.org/fitfacts/fitfacts_display.cfm?itemid=39

"Some people can't see the solution. Others can't see the problem." -G. K. Chesterton